

### **Psyllium Ginger Squares** Deborah Perry-Cywink

2 eggs  
1/2 cup vegetable oil  
1/2 cup molasses  
1 1/2 cup sugar  
1 teaspoon baking soda  
1/2 tsp of each cloves, cinnamon, ginger, nutmeg or (1 tsp pumpkin spice)  
1 1/2 cups flour  
1 cup psyllium  
1/2 cup chopped pecans (optional)  
1/2 cup chopped raisins (optional)

Preheat oven to 325 degrees. Mix first six ingredients. Add flour, psyllium, nuts and raisins. Spread evenly in a greased 10 x 13 pan. Sprinkle with white sugar. Bake for 30 - 40 minutes. Keep an eye so they don't burn on the edges. Cool pan on cookie rack for about 10 minutes. Turn pan over and place on cookie rack to finish cooling. When cool cut into 16 squares.

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### **Low Fat Psyllium Chocolate Brownies**

Deborah Perry-Cywink

3/4 cups flour  
3/4 cups psyllium  
3/4 cocoa  
1 1/2 cup sugar  
1 tsp baking powder  
2 eggs  
1 cup unsweetened apple sauce  
3 tbsp melted butter  
1 tsp vanilla  
1 cup chocolate chips

Preheat oven to 350 degrees. Grease 8" x 10" baking dish or pan. Into a medium size bowl, measure all dry ingredients and mix well. Add chocolate chips to dry mixture. In a larger mixing bowl, whisk eggs until well blended. Stir in apple sauce, butter and vanilla. Gradually add flour mixture to wet ingredients.

Turn into grease pan and smooth out top. Bake in centre of oven until sides pull away from pan, for 30 - 40 minutes. Cool for about 10 minutes in pan then transfer to a rack to completely cool. Ice the top and sides with chocolate icing, (kids like the sprinkle frosting) and then cut into 12 squares. Cover tightly and refrigerate for up to 1 week.

### **Toffee Crunch Psyllium Blondies**

Deborah Perry-Cywink

1/2 cup softened butter  
1 cup packed brown sugar  
2 eggs well beaten  
1 cup flour  
1 cup psyllium  
1 tsp baking powder  
1/2 tsp baking soda  
1/4 tsp salt  
1 cup Chipits Skor Toffee Bits  
1 cup chocolate chips (optional)

Mix all of the above together and spread evenly into a greased 13" x 9" baking dish or pan. Bake @ 350 degrees for 23 - 28 minutes or until golden brown. Remove from oven and immediately sprinkle the remaining Chipits Skor Toffee Bits. Cool. Cut into bars. Cut into 16 bars.

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### **Blueberry Streusel Muffins with Psyllium**

Deborah Perry-Cywink

1 1/2 cups of flour  
1 1/4 cups sugar  
1 cup psyllium  
1 tbsp baking powder  
1 cup butter / margarine (Becel)  
1/2 tsp cinnamon  
3/4 cup milk  
2 eggs  
1 1/2 tsp vanilla  
2 cups blueberries fresh or frozen

Combine flour, psyllium, sugar and baking powder in a large bowl.  
Cut in butter until it resembles a crumble.  
Remove 3/4 cups of this mixture stir in cinnamon and set aside.  
In a smaller bowl, combine milk, eggs, vanilla and add to flour mixture.  
Stir until just moistened.

Spoon batter into 16 buttered or paper-lined muffin cups. Sprinkle each with reserved crumb mixture. Bake for 30 - 35 minutes in a preheated 350 degree oven. Cool for 10 minutes before removing from pan.

### **Stove Top Chocolate Old Fashion Oat Cookies with Psyllium**

Deborah Perry-Cywink

2 cups white sugar  
6 tbsp cocoa powder  
1/2 cup butter  
1/2 cup milk  
pinch of salt  
2 cups quick oats  
1 1/3 cups shredded coconut  
1 cup psyllium

In a saucepan combine milk, sugar, cocoa, butter and salt. Bring to boil over medium heat stirring constantly with a wooden spoon. When mixture has boiled remove from heat and add remaining ingredients. Mix with wooden spoon until well combined. Using a teaspoon, drop the mixture onto wax paper. In about 30 minutes, they will be firm enough to eat.

Make into 16 cookies.

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### **Dr. Howard's Yummy Psyllium Gummy Squares**

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#### **Ingredients:**

5/8 cup psyllium  
2 tbsp white sugar  
4 tbsp grape drink mix (other flavours are good too)  
- use twice what is needed for 8 ounces  
1 cup boiling water

#### **Method:**

Mix dry ingredients - add 1 cup boiling water. Mix well. Put into mold. Refrigerate. When cool - cut into 10 pieces

### Dr. Howard's Yummy Psyllium Cookies

Each cookie has 1 tbsp of psyllium husks

#### Ingredients:

1 cup psyllium husks      1 egg  
1 cup brown sugar      1 tsp vanilla  
½ cup oats                  6 ounces of water  
½ cup flour  
1/4 tsp salt  
½ tsp baking powder  
½ cup chocolate or butterscotch chips - optional

#### Method:

Preheat oven to 325 degrees F.  
Combine and mix dry ingredients. Combine and mix liquid ingredients. Combine dry and liquid ingredients. Onto two greased cookie pan, divide into 16 cookies - about 2 inches across each. Bake at 325 degrees for 16-20 minutes or until golden brown.

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### Blueberry Streusel Psyllium Loaf

Deborah Perry-Cywink

1 ½ cups flour  
1 1/4 cups sugar  
2 tbsp baking powder  
1 cup butter/margarine/Becel  
1 cup psyllium husk  
1/4 cup flour  
2 tbsp of brown sugar  
1 tsp cinnamon  
3/4 to 1 cup of 2 % milk  
2 eggs  
1 ½ tsp vanilla  
2 cups fresh or frozen blueberries

Combine flour, sugar, and baking powder in a large bowl. Cut in butter. Remove 3/4 cups and set aside (Streusel). Add 1/4 cup of flour and 2 tbsp of brown sugar to streusel mixture. Add psyllium and cinnamon to the original flour and butter mixture. In a separate bowl stir and mix together the eggs, 3/4 cups of milk and vanilla. Add this to flour and psyllium mixture, just until wet. You made need to add the extra 1/4 cup of milk as the psyllium absorbs the liquid. Stir in berries and then sprinkle streusel mixture evenly on top. pour into a 9" x 5" lightly greased loaf pan. Place into a 350 degree preheated oven and bake for 40 - 50 minutes. Cut into 16 slices (1 tbsp psyllium/slice)

### Sweet Honey and Psyllium Loaf

Deborah Perry-Cywink

½ cup of butter or margarine  
½ cup of white sugar  
1 egg  
1/3 cup of liquid honey  
1 tsp salt  
1 ½ cups flour  
1 cup psyllium  
2 tbsp baking powder  
2/3 cup 2% milk

In a large bowl, cream together with a beater, butter and sugar. Add egg, honey, and salt. Mix well. In another small bowl, combine flour, psyllium, and baking powder. Add this to butter mixture. Add milk, stirring, until just moistened. Pour into a 9" x 5" lightly greased loaf pan and bake in a 350 degree preheated oven for 80 - 85 minutes. Cut into 16 squares

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### Dr. Howard's Yummy Peanut Butter Squares

Each cookie has 1 tbsp of psyllium husks:

#### Ingredients

1 ½ cups psyllium husks  
2 eggs  
¾ cup white sugar  
4 ounces melted butter  
1 tbsp baking powder  
(1 tbsp vanilla) - optional  
½ cup flour  
1 cup peanut butter  
6 ounces of water

#### Method:

Preheat oven to 325 degrees F

Combine and mix dry ingredients. Combine and mix liquid ingredients. Combine dry and liquid ingredients. Pour into a brownie-type baking pan.

Bake at 325 degrees for 40-45 minutes or until golden brown. Cut squares 6x4 so that there are 24 squares – each square has 1 tbsp of psyllium

*For added effect add ½ cup ground flax seed plus an extra 3 ounces of water*

### Chocolate Almond Psyllium Bark

Deborah Perry-Cywink

#### Ingredients:

1 1/2 sleeves of Premium Plus Whole Wheat Crackers  
2 cups brown sugar  
2 cups butter (margarine)  
3 cups chocolate chips  
1 cup almond slivers  
1 cup psyllium

#### Method:

Line crackers on a regular cookie sheet (one with an edge).  
Sprinkle psyllium evenly over crackers.  
In a medium sauce pan bring to boil sugar and butter at medium heat for five minutes.  
Pour mixture evenly over crackers and psyllium. Bake in 350 oven for 5 minutes.  
Remove from oven and top with almond and then chocolate chips.  
Bake again for 5 minutes.  
Remove from oven and allow to cool completely before cutting into 16 pieces.

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### Banana Bread

### C. Finch

2 ripe bananas (mashed)  
1 tsp baking soda

(IMPORTANT: MIX SODA WITH BANANA AND LET SIT FOR FIVE MINUTES BEFORE ADDING OTHER INGREDIENTS)

1 1/4 cup flour  
1 tsp. baking powder  
1 cup brown sugar  
1 egg  
1/2 cup melted butter  
3 tbs. milk  
1 cup psyllium  
1 cup chocolate chips (optional)

Pour mixture (which will be fairly thick) into a greased bread pan. Bake at 350 for approximately 35 - 40 minutes. If cut into 16 slices, each slice contains 1 tbsp of psyllium.

**Banana Muffins**

Vicki Pilkington

1 c white sugar  
1/2 c whipped salad dressing  
1/2 c sour cream  
1 c mashed bananas

Mix the above ingredients together very well then add;

1 c white flour  
1 c psyllium  
1 tsp baking soda  
1 tsp baking powder  
1/2 to 1 c of chocolate chips

Mix everything well and place into muffin tins - make 16 muffins - bake at 350 degrees F for 15 - 20 minutes.

You can turn this recipe into a snack cake by doubling the ingredients and pouring into a 9 X 13" pan and baking at 350 degrees for 45 minutes

\* my sister adds a topping of Brown sugar + cinnamon + nut meg to the top of the snack cake  
\*\* if you use whole wheat flour it will make the muffins and snack cake substantially denser  
\*\*\* i use low fat salad dressing and fat free sour cream when making this

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**Snowballs**

Vicki Pilkington

1 c peanut butter  
3 tbsp soft butter  
1 c icing sugar  
1 c Rice Krispies®  
1 c psyllium

Mix peanut butter, butter, icing sugar together then add Rice Krispies® & psyllium. Form into 16 little balls, place onto wax paper and refrigerate.

\* If you wish you can coat them with icing sugar mixed with a little water & coconut.

**Rice Krispie Squares** Vicki Pilkington

1/4 c butter  
1/4 tsp vanilla  
1/2 c peanut butter  
1 bag large marshmallows  
4 c Rice Krispies®  
2 c psyllium

Melt butter on low heat - melt marshmallows and peanut butter in butter, add your vanilla then Rice Krispies® & psyllium - mix well. Place into a greased 9 X 13 pan & let cool. Cut into 32 squares.

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**Aunt Kathy's Lemon Loaf** Vicki Pilkington

1/2 c of whipped butter or margarine  
( I use soy margarine)

1 c white sugar  
2 eggs well beaten  
rind of 1 lemon  
1/2 c milk  
3/4 c flour  
3/4 psyllium  
1 tsp baking powder

Mix the first two ingredients together first, add well beaten eggs and mix well. Combine all dry products together and stir then add to the butter mixture. Once combined add your milk and continue mixing until it is all mixed together.

Bake in oven at 350 degree F for 30 to 40 minutes.

Remove from oven and pour the juice of 1 lemon mixed with 2 tsp of white sugar over the top of the loaf. Allow to cool before removing from pan.

\* For added bonus features I add fresh blueberries to the loaf. At Christmas I add fresh cranberries. You could also add nuts if you wish but the psyllium gives it that nutty flavour already.

Instead of making into one large loaf - I bake it in the smaller loaf pans or into 12 muffins so that you can take out one or two days portion at a time very easily.

If making a loaf, cut into 12 slices - each slice contains 1 tbsp psyllium